

Qwest Foundation for Education Competitive Sub-grant Proposal Assurance Sheet

Project Title: Health and Fitness at the Summit Amount of Request: \$ 8269.25

Name of Certificated Teacher (or "lead teacher" if more than one): Katie Cutler

Name of School currently teaching at: Summit Elementary



District Name: Jerome School District District Number: 261

Total number of teachers involved (if more than one): 6

Approximate number of students impacted: 550 Grade level(s) impacted: 4th & 5th

Content area(s) impacted: Physical Education, and Gifted/Talented

- I certify that if I receive a Qwest Foundation for Education Grant –
- I agree to create a 5-minute video highlighting my project for the purposes of sharing best practices with other Idaho K-12 teachers.
- I agree to do one presentation on my project to other Idaho K-12 teachers before October 31, 2011.
- I agree to submit an electronic report to the Idaho State Department of Education before October 31, 2011.

| | | |
|--|--|---------------------------|
| Superintendent Name (print) Dale Layne | E-mail layne@d261.k12.id.us | Telephone 208-324-2392 |
| Signature  | | |
| Principal Name (print) Eva Meyerhoeffer | E-mail meyerhoeffere@d261.k12.id.us | Telephone 208-324-3396 |
| Signature  | | |
| Teacher or Lead Teacher Name (print) Katie Cutler | E-mail cutlerk@d261.k12.id.us | Telephone 208-324-3396 |
| Signature  | | |
| Technology Director (print) Chris Gibson | E-mail gibsonc@d261.k12.id.us | Telephone 208-324-2392 |
| Signature  | | |

Submit one digital copy (PDF format) of your proposal by November 19, 2010 via e-mail to:

Jimmy Takata

jtakata@sde.idaho.gov

208.332.6937

*Only one PDF file per teacher applicant will be accepted (this includes the Assurance Sheet). Faxes will not be accepted

HEALTH AND FITNESS AT THE SUMMIT

ABSTRACT:

Summit Elementary Physical Education and Gifted/Talented programs are working collaboratively to improve the physical, mental and social well being of each child and their parents/caregivers. The Gifted/ Talented Coordinator, students, and the Physical Education Specialist, along with professional medical personnel including a physician and registered nurses opened the “Tiger Health and Wellness Clinic” (THW Clinic) in September 2009. The purpose of the clinic is to provide our students, their families, and all members of the community, the opportunity to learn more about their health, receive basic health screenings, and develop healthy lifestyles.

The Tiger Health and Wellness clinic is in line with standards set forth by the state in physical education and health. The Mission of the clinic and Physical Education class is “to improve the health of the people in our school and the community” by encouraging early intervention and identification of potential health issues (ie: obesity, diabetes, and harmful effects of smoking/drugs, lack of physical activity/exercise). The clinic is collaborating with the Physical Education Department at Summit Elementary by creating a corresponding school health program to screen children for obesity, diabetes and potential habits that could develop into lifelong addictions and health problems. The school health program is comprehensive in giving students and parents the tools, knowledge and motivation to become physically fit, active and to make healthy choices throughout their lives. With the grant money, we plan to purchase two Wii DDR Energy + Wii Class Packages and two DDR 12 Player TV plug and Play Dance Games and the “Fitness Index” tracking software. This equipment will be utilized in the Physical Education classes, Tiger Health and Wellness Clinic, and in a variety of extra activities during recess and lunch periods, and for rewarding healthy choices. On February 19, 2010, U.S. Senator Mike Crapo visited the school and presented the Tiger Health and Wellness Clinic staff and students with the “Spirit of Idaho Award” for their contributions in developing community awareness of combating chronic illness, and improving the health of students, their families and members of their community.

The Jerome School District reports a low socio- economic student body of 70%. Survey results indicated that many students come from families that do not practice good nutritional or physical fitness habits due to lack of knowledge, parents absent from the home when students come home from school, cultural food preferences, and/or financial reasons. Survey results also show little or no physical activity happening after the school day. There is a correlation between poor nutrition, inactivity and wellness habits. The connection between mind and body can be a factor for susceptibility to common illnesses. The Tiger Health and Wellness clinic and the Physical Education department are helping to create a better understanding of how healthy lifestyle habits and routine health screenings can prevent disease. We believe that improving nutrition and fitness levels along with basic health care will contribute to raising individual students’ academic performance as well as increasing life expectancy. A research study published by the National Academy of Sciences, demonstrates that physical activity changes brain structure and function in ways that improve decision-making. (Author: Dr. Arthur B. Kramer, University of Illinois Urbana-Champaign.) The Tiger Health and Wellness Clinic and the physical education department ensure that no child is left behind in regard to their physical health and well-being. Licensed medical staffs volunteer their time to assist at the clinic.

We will be using the Wii and DDR Dance at school in the physical education classes, Special Education classes, and incorporating them in a variety of other activities through the Tiger Health and Wellness Clinic. This will enable us to help address some of the above issues and teach students, parents and community members the various ways a person can include physical fitness into their daily lives.

CURRENT INNOVATION:

Baseline assessments of wellness provide all participants involved in the Tiger Health and Wellness Clinic and all Summit students information about their health. Other wellness/fitness assessments given at intervals during the school year provide information about improvement. We will continue to employ a nutrition/wellness survey to show the likelihood of systematic improvement and change. To date, more than sixty clients/students identified as being obese or extremely obese are encouraged to improve their health through healthy lifestyle changes.

Approximately 550 students have been assessed in the areas of weight, height and BMI and recorded during the month of October, and have received education directly from slide presentations developed by the Gifted and Talented Students covering diet, exercise and the lifelong effects of smoking. All Summit Elementary students are participating in the Presidential Fitness test. This includes upper body strength and endurance, abdominal strength and endurance, flexibility, speed and agility and cardio-respiratory fitness. Report cards including their BMI and explanation of their fitness levels sent home give explanations and inform students and parents of the students' condition.

All classes are also involved in a running/walking program through The New York Roadrunners Association called Mighty Milers. Within this program, walking and running goals are set for individual students and classrooms throughout the school year. Each classroom teacher signs a Memorandum of Understanding to commit to helping their class and individual students meet their goals. Teachers do this by accepting to take their class out a minimum of twice a week for at least 15 minutes at a time to run or walk around the track. When laps accumulate, they are recorded into a database. When students reach certain increments of distance they are awarded certificates and medals.

During the time that students have been participating in The Mighty Milers program, teachers have noticed an increase in the concentration and energy levels of the students. There have been numerous comments from teachers on how well students stay focused and on task for elevated periods after running the track. There have even been teachers who have noticed improved results on the students' academic assessments such as the ISATs. Many teachers seem to think that the running program and the students' awareness of their health and activity levels have contributed to the growth of the students on these assessments.

Summit Elementary holds three fun runs during the school year. These fun runs include the staff, parents and community. The fun runs encourage participation from parents and community members with students at the school. Students are encouraged to find joy of lifetime activities as well as set personal goals on completion time and to track their own improvement throughout the year.

Our goal is to encourage students to find an area of physical fitness that they take pleasure in and will be able to pursue for a lifetime. We believe that physical education is not athletics, but a lifelong practice of health, wellness, and fitness behaviors. The collaboration of the Tiger Health and Wellness Clinic and the Physical Education program makes our school unique in its approach to providing a well-rounded education on health and fitness.

PROJECT NARRATIVE:

Project Description:

In order to continue with our mission and goals we would like to find innovative ways to encourage continued participation in fitness and healthy lifestyle choices. This project will help us reach our mission and goals. The project consists of purchasing two Wii DDR Energy + Wii Class Packages and two DDR 12 Player TV plug and Play Dance Games and Fitness Index tracking software.

The “Health and Fitness at the Summit” project will be wide-ranging by being incorporated into recess time, classroom rewards/behavior programs, family fitness nights, a motivational tool for our staff wellness program and used as a technological innovative learning tool in the classroom. By using the Wii and DDR Dance Class packages, we will provide a different avenue to support fitness activities that stimulate interest and enthusiasm for healthy lifestyle changes. We will be tracking students, parents and community members’ progress on the Wii and DDR Dance programs in the “Fitness Index” tracking software. Each individual student, teacher, parent and community member will make a roadmap of his or her growth and improvement. This roadmap will help the individual see the benefits they can receive by using the Wii system or other games/recreation activities. It will give all another idea of how they can work towards a healthy lifestyle on their own time. Showing people how to have fun while getting fit is a bonus for using the Wii and the DDR Dance. The Wii and DDR Dance system not only engages the students, but also helps to teach/ provide opportunities for becoming more flexible, coordinated, and agile while teaching them to follow instruction. “As educators, we know that one of the fundamental constructs of education is using what children know to enhance their learning in the classroom. We also know that children spend an enormous amount of their free time playing video games. With video game play constituting 97% of the preteen and teenage population’s leisure time” (Lenhart et.al.,2008) (Maldonado, Summer 2010).

When used in the physical education class students will choose different activities from the Wii games and participate with the whole class or in small groups. Students will participate in a set frequency and intensity for a given period while monitoring student heart rates. Data entered into the “Fitness Index” tracking software will show the amount of valid workout the students are receiving while allowing them to compare their output to the fitness goals they have set. A fitness report card is being developed for each student and will include all of the above information from the Wii and DDR Dance activities along with the students BMI’s and physical fitness testing. These report cards distributed twice-yearly show students’ growth, fitness and activity levels.

Using technology as a way of addressing physical fitness and childhood obesity by increasing the “fun factor” in physical education and the classrooms is a “win, win” for all involved.

Project team members (may include other teachers, administrators, staff, etc.):

Project team members include the following: Heidi Stutzman - Physical Education Instructor & Mighty Miler Coordinator, Katie Cutler- Gifted/Talented Coordinator & Tiger Health and Wellness Clinic Manager, Eva Meyerhoeffer – Principal, Dr David McClusky – Surgeon, Andy Nauman – 5th grade teacher, , Jennifer Cooper - 5th grade Teacher, Jill Taylor - 4th grade Teacher, LeeAnn Jasper – 4th grade teacher and staff wellness chairman, Michelle Stenshoel – Paraprofessional after school fitness coordinator, Chris Gibson - Technology Director

Feasibility:

The school already has computers, television screens and LCD projectors to connect the Wii system and DDR dance. Once the equipment and software are purchased and delivered, the school will be able to start immediate implementation of the activities using the Wii. There will be at least one family fitness night scheduled for the spring and one scheduled at the end of the school year where we will use the Wii and DDR Dance programs to engage students and their families in fun competitions. The “Fitness Index” tracking software used not only with the Wii, but also with the other activities we are tracking for the students, i.e. Presidential Fitness program, Mighty Millers, and BMI’s. All of the data will be collected and compiled into a twice-yearly report card for the students’ and their parents.

Sustainability:

The project is self-sustainable after the initial costs. The school has carts and storage areas to protect the equipment and only staff will be using the software. Batteries will be a cost that will be budgeted into the schools supply budget.

School/District Support:

Jerome School District is educating students for tomorrow’s world. The district is committed to promoting a well-rounded education for children. Paramount to this is their physical well being and healthy lifestyle choices. The Superintendent, Summit Elementary Principal, and technology personnel along with the staff support this program.

Anticipated outcomes/impact:

The expected outcomes/impact includes:

- Assisting students to understand and communicate health information clearly for self-management, their families, the community and health promotion
- Teaching students to take an active role in their own health care and in the health care of members of their families
- Assessing risks, to consider potential consequences of lifestyle choices and to make health enhancing decisions
- Helping students and entire families, in becoming more aware of wellness and prevention in order to eliminate the need for long term health care due to obesity, diabetes, hypertension, and effects of smoking

Through this program, students will be conscious of the tools needed to make valuable decisions regarding their health for a lifetime. Physical education will become an integral part of their overall education experience and lifestyle.

PROJECT SCOPE AND SEQUENCE:

Health and Fitness at the Summit

Goal: By using the Wii and DDR Dance technology and Fitness index, students will be encouraged to find an area of physical fitness that they take pleasure in and will be able to pursue for a lifetime.

September:

- Physical fitness tests are administered,
- Mighty Milers runner program begins,
- The Tiger Health and Wellness Clinic is open every third Wednesday of the month.

October:

- Continue physical fitness testing and student fitness goal setting
- Tiger Health and Wellness Clinic works with students to measure and record height, weight, & BMI's

November/ December:

- Students target heart rates are determined.
- Continue working on goals

January:

- Receive grant funds and purchase equipment
- Schedule a staff hands on day to become familiar with equipment
- Develop a schedule for use of equipment

February:

- First Fitness report card goes home
- Combined P.E. and music class dance unit begins using the new DDR Dance equipment.
- video the dance unit performance using the DDR Dance game
- Student data collection entered into the "Fitness Index" software
- Schedule Family Fitness night activities for March

March/ April:

- Unit will begin with Wii games.
- Lessons planned to teach about physical fitness intensity, frequency, duration, and agility using the Wii.
- Family Fitness night activities using the Wii and DDR Dance game take place.

May:

- Continue use of equipment incorporated into lesson plans.
- Staff and students will evaluate the use of the Wii system and DDR Dance games.
- Video classes using systems
- Second Family Fitness Night

June:

- Summer, enjoy break.
- Tiger Health and Wellness continues through the summer, every third Wednesday of the month

BUDGET NARRATIVE:

We are requesting two Wii DDR Energy + Wii Class Packages and two DDR 12 Player TV plug and Play Dance Games and one Fitness Index tracking software.

Each Wii DDR Energy + Wii Class Package includes:

The Wii package includes the following : 1 Wii system, 1 Wii fit Plus Game, 1 Wii DDR the Hottest Party Game, 1 Wii Sports Game, 1 Wii EA Sports Active Game, 1 Wii Fit Balance Board, 1 Wii 2GB SD Memory card, 1Wii Component Cable, 1 Wii Fit Rechargeable Battery, 1 Wii Fit Bag, 1 Wii Fit Protective Sleeve, 1 Wii Carrying bag, 12 Wii Fit mats, 2 Wii Remote Controllers, 2 Wii Nunchuks, 2 Wii Tennis Rackets, 2 Wii Golf Clubs, 2 Wii Steering Wheels, 2 Wii Baseball Bats, 11 Fitstep Boards, 4 DDR "Energy" Metal Dance Pads for Wii, 8 DDR Non-Slip Training Pads Without Cables, 12 Digital Pedometers

Each DDR 12 Player TV plug and Play Dance Game includes:

12 tough interactive platforms with 16 bit graphics and 15 stereo quality songs, features all new arcade and fitness modes, each durable platform utilizes top grade EVA foam making them soft, resistant to curling and tearing and most of all easy on your feet

Fitness Index tracking software:

New and improved software tracks and compiles fitness data easier than ever before, offers a variety of reporting options, as well as new graphics and animations for exercises and record-keeping, gives you everything in English and Spanish for bilingual use in the classroom.

BUDGET SPREADSHEET

| Activity | Material and Supplies | Capital Objects | Quantity | Cost per unit | Sub Total |
|---|---------------------------------|--|----------|---------------|-----------|
| Physical education lessons | | Wii DDR Energy + Wii Class Packages | 2 | 3,299.99 | 6699.98 |
| Physical education lessons and dance unit | | DDR 12 Player TV plug and Play Dance Games | 2 | 699.99 | 1399.98 |
| Student data entry | Fitness Index tracking software | | 1 | 169.99 | 169.99 |
| Delivery | Shipping & handling | | | Free | |
| | | | | GRAND TOTAL | \$8269.95 |